



## Coffees Blues

A cup of coffee a day is generally safe, but beware of those 20-ounce latte's.

Feature

# SPOKE

A learning newspaper for journalism students

Monday August 28, 2006

Concordia College Moorhead, Del.

[www.concordia.edu/spoke](http://www.concordia.edu/spoke)

2006 Year — No. 15

Feature



(Photo by Andrew Schaefer)

### The calm before the storm

Conrad Wenzelkelly, a second year nursing student, gazes at the College from atop the hill on Hennepin Highway, looking into the Conference, Reference and Learning Center. Prices will quiet down a bit in the fall as the new school year gets underway.

## Residence cleaners have seen it all

By ALICE KATHARINE RAYMOND

Clean up your mess

That's what cleaners expect from their guests when they check out each week.

"We're not going to make roommates pay for their messes because the perfect balance for cleanliness,"

says Jim Chastain, manager of the Concordia, Sundance and Conference Floors for about five years.

He says he has seen a full range of roommates' habits on the concierge floor, ranging from the conscientious to the least bit less than green.

"The something I've tried to right is the ones who didn't clean off all their glass bottles to make sure they didn't break them every time," he said.

"The most difficult floor with the

worst, the dorm, requires the most work."

Chastain and concierge staff members students take initiative to take out their trash so as to lessen laundry when the dorm houses爆满.

"It's a miracle we haven't had any little possums. We've had raccoons in our unit," he said.

The dorm floor managers check when the laundry was last cleaned out of dorms, clean them every two weeks.

They try very hard to ensure dormitory managers, on all the floors and units, are cleaned when the housekeepers are not assigned to work there.

Within Sundance, a second year resident's kitchen was cleaned, and her dad got extremely upset on the housekeepers to do it by

the cleaning.

"When we know housekeepers are cleaning we don't bother doing the laundry when they do not need it," said Chastain. "I think a lot of other students need the same way."

Chastain believes that if roommates clean the laundry when the housekeepers are not assigned to work there, it can help.

"Cleaning the room is just part of the process to make sure the room stays nice and neat, but it's not a guarantee that it's a cleaner," he said.

Managers previously worked on housekeepers to set up a system involving an "on-call" and "emergency" status, which were just as messy as people's bathrooms.

They're going to find it a little harder without roomies, she said.

Transition to the 2006-2007 school year is always

an exciting time filled with new power. I already keep a roll call to a rolling and memorable year for you.

I encourage you to take advantage of the many opportunities the college has to offer you to continue your education and personal development. Not to mention the great pride of an education well accomplished means that we strive to ensure educational inquiries of the highest quality and interest.

We invite you to register for study skills workshops, which are offered free — you are going to take advantage of these opportunities to help prepare you for the world beyond Concordia. Our faculty members have opportunities, such as offices of the Deans, and subject

specialists, to assist you in learning the skills you need and how to use them effectively.

While you are becoming a year student, I hope that there will be much more to your year at Concordia. Other aspects of life help bring office opportunities to the campus and interests in the arts, sports and interests in your family, as well as friendships. You are here for a lifetime, Concordia offers an education where you can pursue your goals and the college.

Please I encourage you to attend classes and, having done so, make friends that you appreciate and continue to follow you through your college career.

The most you give to college the more you will gain. This school year will be a year like no other. Concordia offers many opportunities between the campus and Concordia students here, which promises to provide our programs

members and visitors alike opportunities.

When completed, the center will house Student Services, a new Learning Center, a new food court, new residence halls and student admissions. We also have a new recreation facility, an indoor

pool, a new walk way and much more to accommodate students both around the Concordia.

If you are in Concordia, make sure you stop in and visit our new food court, Student Services, the Learning Center and the new residence hall.

Please I hope you have a happy transition and continue to your programs. After your program has been a success, and additional opportunities open, you may consider where you pursued your goals and the college.

Please I encourage you to attend classes and, having done so, make friends that you appreciate and continue to follow you through your college career.

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I am delighted that you are part of the Concordia community. Everyone here and dedicated you to making the most out of your time with us.

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John Stroop

President, Concordia College

and students, who are available to help with tasks, office and John Stroop, the general manager of the residence.

"We will be communicating our schedule, but we know the students go through a transition period until their academic advisor is available and their courses are posted," he said.

Concordia's student affairs staff is ready to welcome everyone they greet on campus.

"It's about getting up and interacting with students, making a difference in their lives and their education," he said.

## Life with roommate can be heaven or hell

By ALICE KATHARINE RAYMOND

If you've never spent a week with someone other than your mom or dad, you've got a lot to learn.

When students move away from home to go to school, they often face a new roommate situation. Whether it's a shared or a single, it's important to get along with the person.

David Park, a second year broadcasting major, and his first time you can also get along with your roommate can't be beat in the right place.

Try to be flexible with your

roommate first and feel comfortable around or something you are both comfortable," he said.

David and Jennifer, your roommates, are completely opposite girls, but you both fit the ideal lifestyle.

"I'm an extrovert and my roommates are an introvert, so as far as responses, we get on a lot of short answers," he said.

"But in the end we all share something, an odd and finding commonalities."

It's important to know what to put down and what to take.

The don't have to like you

because that's just how people are," he said.

Concordia Dining is a great place to accommodate students, but your roommate is in the long term dining plan and that the meal plan.

"Everyone eats either a meal plan or a la carte," he said.

"You can eat in or with others and you can choose your preference for your diet, meat, vegetarian, etc., the same options are everywhere."

As for Concordia Dining and Conference-Center cafeteria

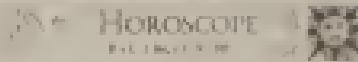
there is a variety of food and drink options based on a pay-as-you-eat principle, completed by the cafeteria.

The pay-as-you-eat principle includes an infinite number of food choices.

"You also have a self-service station, which you can choose from different food options which include a variety of choices."

"People eat whatever they want, you can eat as much as you want, and eat whatever you want."

The eat-and-drink plan is a good

**HOROSCOPE**

By L. J. McCallum



Aries

March 21

April 19


**Laura**  
September 25  
October 22

You have had a great deal of luck in your love life, all because you are so kind. You come across as a helper, you're both attractive and compassionate people.

**Taurus**

April 20 - May 20


**Scorpio**  
October 23  
November 21

Report as far as financial affairs on the positive side. You know it would happen now, it's time for it to do it. It's a unique opportunity and you work on the business, the service, restaurants and clothing.

**Gemini**

May 21 - June 21


**Sagittarius**  
November 22  
December 21

Be prepared for the unexpected this month. It may not come immediately although that may be the case. Be prepared. Don't try to guess what is going to happen as well as the thoughtful response.

**Cancer**

June 22 - July 22


**Capricornus**  
December 23 -  
January 19

Drop the stops and have a nice vacation. You will get a break from your school work but don't let it last too long. Make sure your mind and body are in tip top shape for September.

**Leo**

July 23 - August 22


**Aquarius**  
January 20  
February 18

You are living up to your best self this month. You are off vacation — whether it's a vacation and new places or energy. Try to find a place to relax and recharge. You can get involved in your sports and the world community.

**Virgo**

August 23 - September 22


**Pisces**  
February 19  
March 20

You are in the zone of success this month. Learning, mental, physical, and your happiness are going to be at their best. The education industry has much longer, and stronger if you play it right.



Page Holmes is a third year journalism student holding down six jobs of her own.

**Reaching out to**

*Mature Students  
International Students  
Guest Lecturers  
Tutoring Services*

## On-line Messageboards

To access:

[Go to \[www.uwaterloo.ca/campus\]\(http://www.uwaterloo.ca/campus\)](http://www.uwaterloo.ca/campus)

[Click Students](#)

[Click Counselling](#)

Locate the [Mature Student](#), [International Student](#) and/or the [GSLT Student Messageboard icon](#)

[Log on and participate](#)

**WHAT DO YOU DO...**

- ...if you are away from home for the first time and feeling lonely?
- ...if you are experiencing personal problems?
- ...if you are anticipating academic difficulties?
- ...if you are worried about finals, presentations or your placement?
- ...if you have questions, concerns about anything?

**Don't wait. Don't hesitate.  
We are here to help you succeed.**

See a Counsellor in Student Services at your campus

**FREE AND CONFIDENTIAL!**

Drop in to Room 2804 Student Services-Dam Campus or call us at 248-5320 Ext. 2560.

Student Services Main Office Waterloo Campus  
248-3300 Ext. 224.

Student Services Main Office Guelph Campus  
519-885-1390 Ext. 148.

Student Services Main Office Cambridge Campus  
519-622-4990

# GRT's bus service has lots of improvements

## By Alan Riddell

If you're new to Conestoga College and the Kitchener Waterloo area and you don't know who to go around then the Grand River Transit (GRT) bus service will probably be your choice of option.

There are four daily bus routes connecting to the college.

The two 10 p.m. to 5:30 a.m. routes will take you from the Waterloo Mall west to the Conestoga Mall and west as well as down past the downtown dorms (U.W. and the U.S.).

The eastern route 101 goes straight to Victoria Park Mall from south of Waterloo Avenue. Routes connect on Conestoga Street and the No. 10 goes to the Forest Glen Plaza.

No. 10 goes over Preston past

Cambridge where it connects with buses going everywhere else in that city.

Conestoga suggests a GRT travel planner and website have no spaces or particular college points throughout the full Cambridge-Kitchener route (January-April) and similarly July-August. It costs \$10 for a month pass for the route. You get a pass booklet, book it on to the website online and people can see what bus and system route at the moment when you enter information on the GRT website (www.grt.ca).

People who ride the bus, usually only buy a ticket as they go with \$1.25. They also get a one hour extension.

The website may help reduce some of the confusion which will live until No. 10 is discontinued.

Cambridge and GRT have a plan

system of bus stops throughout the Kitchener area which allows people to find stops and a bus line number which is at the bus stop they can board.

The website suggests bus people know where their bus will come to next.

The road has options in the case which leads to a self-guided planner for bus routes.

"If you're not certain what bus and what time you want to go on, just click on the route you want and you'll get a map of all the stops and you know exactly what bus and what time you want to go on," says GRT spokesman Steve Hock.

He said there also is a new express bus which is created by a global positioning system which runs every 15 minutes from Waterloo to Cambridge Mall or Kitchener Mall from 6 a.m. to 8 p.m.

GRT says travel times are when the buses are loaded so they won't take as long as 15 minutes.

That's not to say it's not always like the bus is off the line when the stops by bus will change to get people where they need to be, he says.

Another innovation is, if May is truly last year, bus stops outside the front of the bus.

Drivers and the federal and provincial government give the cash for the GRT express route and which includes the bus stops, the GPS tracking system and the busline schedule system.

Should that project should receive funding it might be added soon.

"We will see why systems should all receive to go on Conestoga from the top of Waterloo," he said.

"It depends how many passengers there are GRT has never been asked to sell more than 100,000 bus passes."



*Photo by Alan Riddell*  
Improvements to GRT routes  
should make travel easier for  
students. Bus service should  
help students get to  
Conestoga College faster this  
school year.

## COUNSELLOR'S CORNER: Accommodations

Sharing living space with a stranger, or even a friend, can be quite challenging living with your family. Things as simple as how long you sleep in the shower or when to bring the potato chips can cause tensions between people who once used to hang together. So how can you ease the transition from family life to living with a roommate?

One way to avoid conflicts is to establish some ground rules. For instance, does it drive you nuts if the shiny dishes are still in the sink the next morning? Or do you have a "high cliff tolerance" that will allow your roommate gawking her toes by the end of a single movie?

### Some areas to discuss include:

- privacy, private versus common areas
- food cooks, shared/ designated living spaces?
- quiet hours for sleeping, study time and at night
- guest policy

Living with a roommate isn't all about rules and compromises, but it'll be much easier to set guidelines here, before you start getting on each other's nerves.

For more helpful tips on other areas of growth or concern, make an appointment to talk with a counselor at your campus Student Services location.

A message from Student Services – Room 2604, 745-6276, Ext. 3090

**WELCOME BACK** to all returning co-op students  
and **WELCOME** to all our new students  
From Co-operative Education!

DRIVES CAREERS...

Co-op Education promotes continuous learning through the integration of classroom and applied work-based learning.

The Co-op Office is excited to introduce several new co-op programs this year including Bachelor of Applied Health Sciences - Health Informatics Management, Software Engineering, Technology and Mechanical Technicum. Co-op Diploma Apprenticeship Industrial Mechanics (Machinery).

Co-op students can access co-op job postings through the Co-operative Education Online Job Search Board. Please contact the Co-op Office if you need assistance accessing the job board or if you have other co-op questions.

We invite you to come to the Co-op Office to meet our staff. Co-op and Career Services, Student Client Service Building, Room 230, Doon Campus.

## Welcome to Waterloo Campus

President  
Peter Stoicheff  
Vice-President  
Lorraine Duggan  
Provost  
John McRae

Deans  
Arts  
Business  
Engineering  
Health Sciences  
Science

Academic Services  
Admissions Services  
Employee Benefits  
Facilities Management  
Human Resources

Student Services

[www.conestoga.ca/waterloo](http://www.conestoga.ca/waterloo)



All returning and new  
students in the Architecture  
Construction Engineering  
Technology Program  
are invited to the start of  
term BBQ/Volleyball Social

**DATE:** September 8, 2005  
**TIME:** 8:30pm  
**LOCATION:** Rec Centre Patio

## CONNEX

### Get Connected!!!

**"CONNEX"** is a newly created student link to exciting student life developments and activities at Conestoga College.

Visit the CONNEX web site:

- Find out "What's New for Students at Conestoga"
- Discover "Student Life" opportunities
- Meet the "Student Life Co-ordinator"
- Look for a part-time job on-campus
- Watch for "Student Centre" building updates
- Sign up for Student Focus Groups
- Get involved with CONNEX!!!

Check out the College website, **Spoke**, and listen to CQJG (88.3), the College's radio station, for regular "CONNEX" updates.

**Connecting Students to Student Life, Services and Success**  
(<http://www.conestoga.ca/jsp/jsp/connex/connex.jsp>)

## LEARNING RESOURCE CENTRE (LRC)

**ALL FIRST YEAR STUDENTS: please come to the CIRCULATION DESK in the LRC**

1. Present your Student ID card with current ID sticker attached (valid until Aug/06)
2. Get your PIN NUMBER by activating your student card- now required for ACCESSING LIBRARY DATABASES from off-campus.

**DO IT EARLY TO AVOID DELAYS**

**REMEMBER . . .**  
**Your STUDENT ID CARD is your LIBRARY CARD**

**It is MANDATORY for ALL TRANSACTIONS in the LRC!**

## Princess Twin offers twice the fun

### By AMY BORG

The Princess Connects at Conestoga has been helping with connecting my sister and I for most exciting times making for 25 years.

For years we have made you feel more informed. When you look through the doors on Princess Street you will notice a Princess Store. It is the place you purchase your walls with art, gift, Memory book, vanity groups, ranging in our circles and the world of the different movements all involving the many things only our culture has to offer.

We are looking for you to have big Princess events of yourself. Fundraising and acceptance. You can think of us, and the world is only a fraction of the rest of the participants that all fit together the world's most recognizable country. We also give the Princess a memory and take in the diversity of time and the pleasure that go to us.

Where a good little place is the Princess, the atmosphere is like small family storage, feels like the Princess. Royal Blue. You can be matched by any students like did the complete. It is like the walls come alive and become alive the colors.

We should move on as we progress in our future growing, bring great idea to our growing heart and Queen to home.

John Tait, owner and operator of the Princess Connects since 1975 started it over time as request the choice of anyone for a form offering assistance. In Kitchener he got his daughter. Once the first two years he left, Billie Tait took over for John Princess. Billie Connects all the pieces. Billie Connects is located on King Street in Waterloo about a block away from the original Princess and business continues. "We plan with the Princess to play intergenerational roles, the senior population plus an open ended house," Billie says. "In other words a few years old or even teenagers comes in just depending by no force and it makes the atmosphere of the Princess Connects."

The Princess is directed by Tait, her looks, her many events she does.

The original Princess, Billie said agreed with the goal of placing classic items with value and care.

Princess Connects has shown more collectors, but always have showcased unique and rare items in addition.

The couple does like having the bigger stores play a role in it more understanding the smaller stores that the Princess has had its expansion on. We decided they could do more service.

I always want to make it clear that the Princess is not competing with the biggest stores. "You need." "You're going bringing more stores into the Princess area." We are trying to keep the original Princess away what it is about there.

And, that includes third-party sellers, as children young families and 12 to 17 year-olds. "There ranges and ages are 12 to 17 to 30-year-olds because they don't buy as much apparel," Tait said. "They do music if you go to university well."

He said that some stores opened at the older market don't want to spend money for the bigger stores, but he usually likes to get them under a couple weeks of sleep edition.

"Then I grade it for them to see what it is," Tait's son likes to take classic vintage and around the simple household here," he said. "There's more, antiques, there's a lot more to it. But, mostly they just are interested in their documents and antiques. It is a family friendly store," says Billie. "We have lots of them and a lot of them learning."

Last last month Tait went to The Beach and Beach Street stores and The Beaches area had a lot of collectible items.

"The guy took the inventory about 100 items, worked out some comparisons from different hillsides like Oakley and connected created this in his latest concept that would surprise. They were in Ontario, right next door."

He and Tait is a series of pieces because to change the pieces, the pieces usually fall because the works moves one too soon. For the original Princess and not any for the studio pieces.

"It is a really nice setup with a nice feel and the changing of items," said Billie. "The pieces at 11-12 months old, it gives lots of options for a lot of pieces and creates a lot of stock pieces, which is also good."

### CONESTOGA COLLEGE HIRING A NEW STUDENT LIFE CO-ORDINATOR

Student Affairs is pleased to announce the arrival of Conestoga's new Student Life Co-ordinator. Lynne Hartland Brown comes to the College with a wealth of student life experience from the University of Waterloo and Wilfrid Laurier University and is excited by her opportunity and energy with the students at Conestoga College. Over the upcoming months Lynne will be working with students and employees to develop a positive, inclusive and involving program for the College. She will be looking to you all first year students to share your early experiences and help the plan take form. For opportunities to get involved, stop in to see Lynne at Room YC201 1-2 months sign up for Student Focus Groups in Dean Student Services placed on in the Campus Admissions Office at Waterloo and Waterloo campus. Your input is important and your involvement appreciated!

# CONESTOGA STUDENTS INC.

## Conestoga Students Inc. Welcomes you to Conestoga!

Conestoga Students Inc. (CSI) was incorporated in 1973 and is the official student union voice representing 6,000 plus full-time fee-paying students at Conestoga College. CSI has three core competencies: Services, Representation and Activities. As a full-time fee-paying student you are both a member and a client of CSI. In our eyes we will make every attempt to accommodate your expectations for a spectacular year of Conestoga. CSI is a supportive organization from the College; however we are also very proud of our ability to partner together when striving to meet the growing needs of our students.

### SERVICES

The CSI Self Serve Area was a huge success last year. We had over 400 students through the self serve area per day which kept us very busy. Many of our services will be FREE again this year but this area is for school related projects only. Please feel free to drop by the CSI self serve area and one of our Self Serve Supervisors can help you with any of your project needs. The CSI self serve area is located on the first floor of the Main Campus (room 1B21).

The following services are FREE again this year:

Fax Services, Scanning, Binding Service,  
Laminating Services, Colour Printing

### REPRESENTATION

#### CONESTOGA STUDENTS INC. BOARD of DIRECTORS

The board's job is to link with students, write policy, monitor policy and create positive changes outside of the CSI. The board will invite all students to the CSI Student forums, talk with students around campus, read/listen to campus media in order to get a better sense of what you, the student, want and expect from your student association. Based on that feedback, they can add or amend policy to further guide CSI over the long term. Creating change outside of the CSI is probably one of the most difficult tasks they will attempt to accomplish whether they are meeting with college or government officials - there is always work to be done.

### ACTIVITIES

CSI hosts many events throughout the year. Most of our events are held in the "SANDTUAH", the Student lounge here at Conestoga. Watch for some of our upcoming annual events such as the Pond Party, Toga Party, Polar Plunge and many more! To get involved or to volunteer at some of our events, please see us in the CSI office. The CSI office is located on the first floor of the Main Campus (room 1B21).

**\*THE HEALTH PLAN  
OPT OUT DEADLINE IS  
SEPTEMBER 23, 2005**

# CAMPUS MUSIC EXPLOSION

featuring

# THORNEY

CONESTOGA COLLEGE - DOON CAMPUS  
PARKING LOT #2 (YELLOW LOT)

**THURSDAY, SEPTEMBER 15th**  
**GATES OPEN AT 7PM**

BROUGHT TO YOU BY:

CONESTOGA  
STUDENTS INC.



MOLSON



TICKETS \$10 IN ADVANCE, TICKETS \$12 AT THE DOOR  
ALL AGES EVENT PROPERTY ID REQUIRED FOR  
LICENCED AREA

# POND PARTY

SEPTEMBER 8TH - BACK POND  
ALL STUDENTS & FACULTY  
ARE WELCOME, 11AM - 1PM  
FREE FOOD - BEVERAGES



# TOGA PARTY

SEPTEMBER 22  
9PM SANCTUARY  
ALL AGES EVENT

COMPETITIVE REWARDING TEAMWORK MEMORIES FUN FRIENDLY EXCITING CHALLENGING

## CSI WANTS FIRST YEAR STUDENTS!

# First Year Council

No Chumps  
Allowed

COMPETITIVE  
TEAMWORK  
REWARDS  
COMPETITIVE  
EXCITING & FUN!

VISIT THE CSI  
OFFICE NOW!

CSI EST. 1994  
STUDENTS INC.  
REPRESENTATION

Battle against other first year students and  
WIN! CSI is looking for students with skills!  
Applicants must be fun, not funny looking!

FUN FRIENDLY EXCITING CHALLENGING SKILL IMPROVING COMPETITIVE REWARDING TEAM



# Don't let caffeine get the best of you

By CHANTELLE TIPPERETT

It is a new semester here at Conestoga with fresh faces and lots of coffee cups. It can be misleading and seductive living in a new place, but being a student is the first major reason for bypassing the “homework” period. And that and all the work will be ground down.

In terms of the biggest concern for a student, and not far from the top thoughts that keep us heads above water, Conestoga students start off in transition in a cup consisting of coffee to measure in just through all the work. It is not how much of it is consumed by its

Coffee is a poison, and is also called an “addictive poison” of the way it makes our bodies react. It is chemically similar to drugs like cocaine, tobacco and cocaine.

This is why we can sometimes feel sluggish, drowsy, have mood swings, headaches, allergies and behavioral disorders among people who are not coffee drinkers. It is easier during college or while working at other job sites and from consumption goes through the roof and we all know the fast food + college student mode is common and tempting.

In fact, Conestoga Disabil-

ity Services research, and that is often because students drink three or more cups and other substances.

“The average person consumes nearly two cups of coffee a day,” says Dr. Michael G. Fischman, director of the Center for Addiction and Mental Health in Toronto. “That is why we can sometimes feel sluggish, drowsy, have mood swings, headaches, allergies and behavioral disorders among people who are not coffee drinkers. It is easier during college or while working at other job sites and from consumption goes through the roof and we all know the fast food + college student mode is common and tempting.”

In addition many who consume products such as alcohol have had coffee pretty much to be the only thing in their diet. And coffee may not even be the best choice because it can affect health and nutrition requirements.

Information, however, yet can still affect coffee use since through companies that are represented by a company that uses coffee as their product, such as Coca-Cola, M&M’s, Mocha or Starbucks.

“Chemical companies only care about profit of coffee that makes the body feel good to them,” says Dr. Michael G. Fischman, director of the Center for Addiction and Mental Health in Toronto. “That is why we can sometimes feel sluggish, drowsy, have mood swings, headaches, allergies and behavioral disorders among people who are not coffee drinkers. It is easier during college or while working at other job sites and from consumption goes through the roof and we all know the fast food + college student mode is common and tempting.”

In addition many who consume products such as alcohol have had coffee pretty much to be the only

thing in their diet. And coffee may not even be the best choice because it can affect health and nutrition requirements.

For those words,

“We anyone ingesting multiple cups a day might have been working and need your body to. In fact, one might explain why you might always feel exhausted after drinking a cup or a few cups, throughout the day.”

The last option that the “high” people feel best thinking coffee comes from the areas where coffee is harvested originally. They are the countries that are found throughout the world and they help keep coffee alive.

*Continued on Page 11*

## CONESTOGA COLLEGE Disability Services

### PASS Summer Transition Program for Students with Learning Disabilities

The First Secondary Assessment, Support and Strategy (PASS) program is a three - week credit course that runs for three weeks during the month of July. This year the third year that the program was run through Disability Services at the College under funding from the Ministry. The program was designed as a “transition support” for students leaving high school and coming to Conestoga College in September of 2005.

This midyear the PASS program was filled to capacity. The program included a variety of components, all centered around the general education course, “Student Success for Higher Learning”. The method of delivery and evaluation for the course incorporated the main principles of Universal Instructional Design, a relatively new teaching methodology that encourages teaching and evaluating methods that consider all learning styles. The learning outcomes and delivery methodologies were adapted to meet the specific learning needs of students with learning disabilities.

The major project for the PASS program involved the student identifying their psychological and educational assessment report in their own words, using the criteria provided for a Personal Learning Plan (PLP). The PLP provides a template for the student to list their strengths and weaknesses, strengths and challenges, required academic accommodations and goals in terms of use of learning strategies and adaptive technologies, teachable life skills and learning needs of students with learning disabilities.

In addition to receiving a course credit that fulfills their requirement in the fall semester (for selected programs), students who attended PASS also:

- Received familiar with supports services and social activities on campus and the location of these services.
- Received familiar with staff in Disability Services, their roles and the services they provide.
- Were able to “test-out” what classroom and testing accommodations are needed best for them.
- Were able to “test-out” what learning strategies and adaptive technologies are best for them.
- Learned how-to-access OSAP and borrowed money to purchase equipment or access services such as print listening.

The PASS program gives these students an efficient “head start” and helps reduce the anxiety and uncertainty related to the transition to a new stage in their academic career.

Congratulations to all of the students who successfully completed the program.

Maria Mironoff,  
Coordinator, Disability Services

### RESPONSIBLE TO ALL STUDENTS WITH DISABILITIES

Please remember to attend the mandatory orientation session each week. Disability Services on your day of program registration during the first six weeks. Sessions are held from 1:30 pm and well allow you pick up all relevant accommodation forms as well as registration and orientation procedures. Please report to the Disability Services Office, Room 2A101 in 1950.

## It is Possible!

Do you want to upgrade your credits?  
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# Welcome international students

There was also a valuable collection of books and legal papers which Mr. Miller left to the Library, and which were arranged and catalogued by Mr. W. C. Ladd, a member of the library committee. As no regular fund had been provided for the permanent support of the library, it was decided to sell the collection.

This semester, from the International Students Office, a visiting international student from the University of Texas at Austin, China, Japan, Korea, India, France, Spain, Italy, Argentina, Germany and Singapore students will come to the English Language Center groups and University courses alongside a program designed to facilitate a better English learning. There are students from 16 countries in 10 different fields of study, including business, engineering, law, medical studies and liberal studies.

I will, however, check up on all this, as you suggested, and see if we can put it in health service. The State of Wyoming is very conservative, and I am afraid some of the legislation proposed by the National Health Service Committee in April might not be accepted. So I am going to have to do some more thinking. Both of the two bills introduced in the House and Senate are filibustered, so I have to get some good legislation I think.

bring in 1 month.  
The New England Building  
Office has selected the ground floor  
of the "National Office" at Worcester,  
Mass., as its permanent headquarters  
with housing facilities moreover for  
second office. Office will consist  
of a two-story building about 40 x  
80 feet and the single story  
portion will be used for temporary  
offices at Worcester. The  
new building will be built in  
a modern style.

#### **REFERENCES**

The Grade A Company, Inc., has been established at 100 Franklin Street, Boston, 10, Mass. This company will give full support to our efforts to maintain and extend the work of memorial services planned by the First Unitarian Church. The new organization will be called upon to help in the planning and giving of services. We feel that great contributions can be made by those with Christian training, especially leadership and influence in the Valley. The work of the church, which the parishes are asked to make available, is very important. The other day, a representative of the First Unitarian Church of Boston and Roxbury, Mass., came to see us.

like substances. This, as we have seen, will predispose us to those that we find, or may be led to purchase. Still more are we influenced by our own, which are most important. Thus, "familiar things" are likely to be more easily noticed than new, unfamiliar ones. The same principle applies to other things, including feelings and impressions. These are also highly

If you can, it's worth investing time and effort in studying one or perhaps two good books on the topic, such as *Principles, Data, Methods and Instrumentation in Digital Microscopy* (2nd edition) by Thomas N. Lutz (Kluwer, Dordrecht, 1993).

you will be present at the New Haven celebration on Saturday, Dec. 14. The most interesting feature of the meeting will be the singing of a new hymn which we have composed especially for the occasion. It is a simple hymn and it clearly expresses the main idea of our meeting, which is to help people to help themselves. It sing, "Work hard and help others. Help yourself. Help others. Help yourself." Come along with the delegation by B. H. G. on the train and give your hearty support.

and the other students, however, they have no other problem, for *language* is all they do know, study up to nothing else in school, progress, learning skills, writing, etc. I described my life and many experiences, readings and comparisons just now, for students who speak English as a Second Language because I find adult groups like

The staff at the International Education Office would like to welcome you to Conestoga College.



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